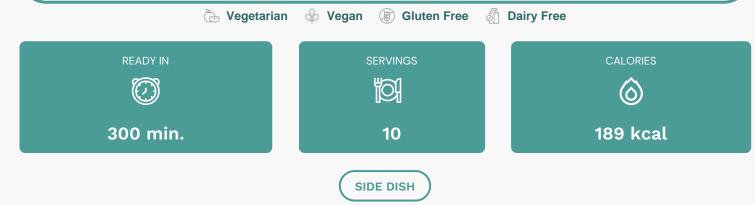


Sweet-and-Sour Eggplant



Ingredients

0.5 teaspoon pepper black
28 oz canned tomatoes whole italian finely chopped canned
0.3 cup bottled capers rinsed drained
5 rib celery cut into 1/2-inch pieces
2 tablespoons sea salt (preferably Sicilian)
2 lb eggplant (preferably small but not Asian)
0.3 cup basil fresh chopped
0.3 cup flat-leaf parsley fresh chopped

	11 garlic cloves chopped (from 2 heads)	
	2.3 cups olive oil	
	6 oz sicilian olives green pitted cut into 1/4-inch pieces	
	1 large onion chopped	
	0.3 cup red-wine vinegar	
	0.3 cup sugar	
	2 tablespoons tomato paste (preferably from a tube)	
	1 large bell pepper red yellow cut into 1/2-inch pieces	
Eq	uipment	
	frying pan	
	paper towels	
	sauce pan	
	knife	
	pot	
	kitchen thermometer	
	slotted spoon	
	colander	
Directions		
	Cut eggplant into 1/2-inch cubes and transfer to a colander. Toss with 2 tablespoons sea salt.	
	Let drain 1 hour.	
	While eggplant drains, heat 2 tablespoons oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté three fourths of garlic, stirring, until golden, about 1 minute.	
	Add tomato paste and cook, stirring, 1 minute.	
	Add tomatoes with their juice, then reduce heat and simmer, uncovered, stirring occasionally, until thickened, 20 to 25 minutes.	
	Bring 3 cups salted water to a boil in a 1- to 11/2-quart saucepan, then cook celery until tender, 5 to 7 minutes.	

	Drain in a colander and rinse under cold water to stop cooking.	
	Gently squeeze eggplant to remove excess moisture and pat dry.	
	Heat 1/4 inch oil (about 2 cups) in a 12-inch heavy skillet over moderately high heat until it registers 360°F on thermometer, then fry eggplant in 4 batches, stirring and turning constantly with a slotted spoon, until browned and tender, 3 to 5 minutes per batch. (Return oil to 360°F between batches.)	
	Transfer to paper towels.	
	Pour off all but 2 tablespoons oil from skillet, then reduce heat to moderate and cook onion, bell pepper, and remaining garlic, stirring occasionally, until golden, about 10 minutes.	
	Add tomato sauce, eggplant, celery, olives, capers, vinegar, sugar, pepper, and remaining teaspoon sea salt and simmer, uncovered, stirring occasionally, 15 minutes. Cool to room temperature, uncovered, then chill, covered, at least 8 hours.	
	Just before serving, stir in parsley and basil.	
	Serve cold or at room temperature.	
	•If your sea salt is very granular and pebblelike, crush it using the flat side of a large heavy knife or the bottom of a heavy skillet.•To take the temperature of a shallow amount of oil, put bulb in skillet and turn thermometer facedown, resting other end against rim of skillet. Check temperature frequently.•Caponata can be chilled up to 1 week.	
Nutrition Facts		

PROTEIN 5.27% FAT 57.38% CARBS 37.35%

Properties

Glycemic Index:40.61, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:12.534347705219%

Flavonoids

Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg, Delphinidin: 77.74mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 0.37mg, Luteolin: 0.37mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 188.89kcal (9.44%), Fat: 12.8g (19.7%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 13.66g (4.97%), Sugar: 11.47g (12.74%), Cholesterol: Omg (0%), Sodium: 1816.55mg (78.98%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.65g (5.29%), Vitamin C: 52.19mg (63.26%), Vitamin K: 44.49µg (42.37%), Manganese: 0.44mg (22.02%), Fiber: 5.09g (20.36%), Vitamin A: 1002.37IU (20.05%), Vitamin E: 2.95mg (19.66%), Potassium: 528.08mg (15.09%), Vitamin B6: 0.25mg (12.3%), Folate: 44.44µg (11.11%), Copper: 0.21mg (10.63%), Magnesium: 32.36mg (8.09%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.09mg (6.1%), Phosphorus: 60.58mg (6.06%), Iron: 1.08mg (5.97%), Vitamin B2: 0.08mg (4.5%), Calcium: 44.58mg (4.46%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.45mg (2.97%), Selenium: 1.29µg (1.84%)